

**FOR IMMEDIATE RELEASE**  
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## **State Employees' Wellness Fair To Be Held May 8**

**RALEIGH** – More than 100 health care, education specialists, fitness and nutrition specialists and fresh fruit and vegetable vendors will set up in the Jim Graham Building on the State Fairgrounds from 9 a.m. to 4 p.m. Thursday, May 8, for the State Employees' Wellness Fair. Specialists will offer blood pressure and cholesterol screening, hearing and vision tests and chiropractic services. State agencies with safety and health venues will also have exhibits. The Mudcats and the Carolina Hurricanes will also send representatives to the event.

"I encourage all state employees to take advantage of the opportunities the N.C. Department of Agriculture and Consumer Services and the N.C. Department of Transportation are presenting at the Wellness Fair," said Gov. Mike Easley. "I commend these agencies for promoting physical and mental well-being among our employees. Healthy employees make for a more productive and efficient government. Quality healthcare for state employees is a top priority to government leaders."

This event will be the fifth held since 1996. The fair is funded from sales of t-shirts and raffle tickets. Raffle tickets will also be sold the day of the fair. Prizes include a \$300 Wal-Mart gift certificate, a 13" television, a DVD player and a handmade quilt. Door prizes will also be given throughout the day and food will be available in the Jim Graham Restaurant.

The 2003 Wellness Fair is chaired by the N.C. Department of Agriculture and Consumer Services and the N.C. Department of Transportation. Volunteers from various state agencies helped to organize and facilitate this year's event. The fair is open and free to all state employees and leave will be granted at the discretion of department heads.

"I encourage fellow state employees to come out to the Wellness Fair to learn more about important healthcare issues. It is important that we take care of ourselves and prevention is truly the best medicine," said Sharron Stewart, 2003 Wellness Fair chair.

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